

# CONTRIBUTION OF OLDER ADULTS TO FAMILIES & COMMUNITIES

TILDA research finds that older adults (aged 50 years+) significantly contribute to their families and communities

## HELPING THEIR PARENTS



**1 in 4**

assisted older parents with basic personal care



**2 in 5**

help with household jobs, shopping and transportation



**50%**

provide financial support to older parents

## HELPING THEIR CHILDREN



**2 in every 3**

have children living with them or close by



**1 in 2**

provide financial assistance to their children



**HALF**

provide childcare for their grandchildren



**36 hours**

a month helping on childcare

## ENGAGING IN THE COMMUNITY



**1 in every 2**

volunteered in the last year



**1 in 5**

volunteer once a week



**6 in 10**

adults take part in active and social activities once per week



**47%**

involved in sports or social clubs



### KEY INSIGHT

Better quality of life and fewer depressive symptoms shown in older adults who:

**1**

Engage in frequent volunteering

**2**

Regularly care for grandchildren

**3**

Participate in social or sporting activities

For more information  
please visit [www.tilda.tcd.ie](http://www.tilda.tcd.ie)



**Irish Life** | in the community